<u>I had a YouTube channel surrounding philosophy and film. And these videos were wide ranging. Hayao Miyazaki Buddhism/Shinto Catholicism Nietzschian allegories</u>, I worked with a team of women, and we did feminism and the art of Mary Harron. But the one I was intrested in was Hinduism and David Lynch. And I looked into Transcendental Meditation which David Lynch is a advocate of and I said to myself meditation is great, hinduism is a beautiful religion. Some of this is just not on the level. I started inteviewing people. Meanwhile TM was trying to put this schools. That a no-no. Seperation between church and state so I tried and failed to make a video on that because I tripped I fell into the rabbit hole that was everything, SHALL i ATLEAST SET MY LANDS IN ORDER

(Because I have 2 hours. The most important questions I have are the most negatives ones)

1. **Do I have your consent to record this call so I can then alter video and audio in order to tell your story and testamony in a documentary style.**
2. **Dr. Susan Shumsky, or Susan "the artist" I want to ask about your credentials first. Introduce yourself, etc.**
   "expert in, I was in the organization between, publications from"
3. **Could you give me some good examples of creative people who where drawn to the group. As well as creative things that where a byproduct of this style of meditation.**
4. **Could you speak of the human element. What are some fond memories of your time in the Transcendental Meditation Movement?**
5. **Could you speak of the food there? Potlucks.**
6. **Could you speak of the medical benefits you got from meditation?**
7. **Medical benefits from herbal supplements?**
8. **What does meditation feel like to you?**
9. **People use the word Bliss alot. What is bliss to you?**

10. **What has TM done for Hinduism in the west?**
11. **How was you education at MIU?**
12. **Ink blot test, I say the name Maharishi Mahesh Yogi.**
    a. **You spoke of the Maharishi saying of him, "If God wanted to visit earth and look like someone, I imagined this was how He would look." On one side he is God infused, on the other side he has lied.**
13. **Could you describe what it's like to be near to the Maharishi Mahesh Yogi.**
14. **What made Maharishi so charismatic?**

<u>Underlying Trauma:</u>

15. **(If applicable) How did you start your spiritual journey?**
16. **"tune in, turn on, drop out" what does that mean?**
    17. **When you took drugs did you feel fufilled? You where trying to divorce yourself from your ego. Did you take alot of drugs to do that? Did you ever get any bad trips?**
        a. **Did alot of inner TMers stop doing drugs instead meditating?**
    18. **Why did you become a hippie?**
19. **When you where studying TM what did you want out of enlightenment?**
20. **Prior to TM did ever feel a sense of fulfillment in relationships,**
    a. **You where apart of the free love generation? Is free love a pathway to fufillment.**
    b. **Where you pretty?**
    c. **So you had all the love in the world?**
21. **Go through any breakups?**
22. **Ever since you where a child you wanted to talk to God. Have you ever had doubts there ever was one?**

23. Tell me about Maharishi's first meeting with you.

24. When Maharishi first met he refused you.

25. Did a man ever refuse you?

- **a. "Being loved by a God-infused master was unique. It was the first time I ever really felt loved."**

26. Had you ever met a indian man before prior to the Maharishi?

- **a. Whats the first one that comes to mind?**

27. (if applicable) When people talk to me, they talk about a trauma prior to their involvement is that the case with you?

28. (lack) Did you find something lacking. How would you define that lack.

- **a. "often invited strangers in. As a hippie, I'd broken free from my conventional Jewish surgeon's daughter's background. My free-spirit attitude was let-live, live-free, and be-me." What drew you to such a regulated existence?**
- **b. You Parents are minor characters in your book could you flesh out the relationship prior to your TM experience.**

<u>Is TM Religious in Nature?</u>

29. Bobby Roth claims that Transcendental Meditation is not a religion. TM is not a philosophy. Not a lifestyle.

- **a. In your experience is TM a religion?**
- **b. Religious in nature?**
- **c. In your experience does TM concern itself about the nature of reality,**
- **d. In your experience does TM concern itself with the the nature of existence,**

e. **In your experience does TM concern itself with the nature of the mind?**
f. **So, In your experience does TM concern itself with Questions of metaphysics?**
g. **In your experience is TM a philosophy?**
h. **Out of curiosity, if you don't know this that's fine... but is Bobby Roth professed to be a celibate?**
i. **Do you consider celibacy a lifestyle change?**

30. **What's your mantra?**
31. **How much did you know about Hinduism prior to you getting a mantra?**
32. **What was going on in your mind when you where in a dark room with people chanting for around ten minutes?**

33. **What where you religiously then. And when did that change?**
34. **How much did it intially cost?**
    a. **How much did you pay over time?**
    b. **Whats the most people have paid?**
    c. **Do you still use the mantra Aing Namah.**
35. **Transcendental Meditation uses tantric mantra.**
    a. **In breif could you explain what a tantric mantra is?**
36. **In your experience do teachers know that this are tantric bija mantras?**
37. **Would the average person see these mantras to be religious?**
38. **You're not instructed to tell people their mantras, right? Why?**
39. **Do most people know in the TM community that these are tantric Bija mantras?**
40. **Would it be safe to say that most TM Teachers know the meaning of the puja and the mantras?**
41. **Is the Puja religious?**

42. **Transcendental Meditation states that TM's mantric meditation isn't prayer, but the Yagyas are prayers?**
43. **This chanting of a religious text would it be a science or religion to TM?**
44. **TM is not religious in nature but they offer prayer services.**
45. **According to author Paul Mason most ingroup TMers are not Hindu but spiritual. Is that correct in your experiences? Could you elaborate on TM's panthestic qualities versus the metaphysics of the science of creative intelligence which seems largely hindu.**
46. **Are most of the leaders privately self-described hindus? I have been told that Tony Nader is a Roman Catholic or something even though he calls himself king of Rama.**
47. **How long have you meditated? How long have others meditated?**
    a. **---Rounded for 8 weeks**
    48. **Can you tell me about Rounding?**
    49. **How long have you fasted? How long have others fasted in the group?**
    50. **How long have you not spoke? How long have others not spoke?**
        a. **You where silent for four months**
    51. **How long have you done the TM Sidhi Yoga Meditation? How about others**
    52. **Have you heard stress being used interchangeably with Samskara?**

53. **What do we know about the Maharishi's childhood under the Indian Raj and the British Monarchy?**

54. Do you know of any stories of Maharishi experiencing prejudice in his childhood under the British Raj.

55. Maharishi's life began when he met Guru Dev. Tell me about there relationship?

56. Tell me about the Beatles. Maharishi meets the beatles 1967 brian epstein dies.

57. **Whaere the Beatles in search of Brian Epstein replacement?**

58. Tell me the tale of Rishikesh 1968

59. Tell me about Donovon.

60. Tell me about Sir Paul McCartney.

61. So tell me about the Merve Wave, peak TM, MIU, Yogic flying

62. When did it become Fear Field instead of Fairfield.

63. I'm an American, I don't understand it. Sell me ideologically on the Guru / disciple relationship, and ego slamming?

a. In your book you write: "The guru never lets on to what he's doing. He just sticks her with the barb and then watches her flail around like a bird caught in a net."

64. Do we need Gurus?

65. Can you tell me about tests.

66. I hear whispers of smuggling of suitcases: Franscico Franco spanish fascist he killed up to 400,000 people. That's the population of Delaware, Susan. And so he's giving money to a guy who

a. om, killed undiserables Protestants, intellectuals, homosexuals, Freemasons, Romanis, Jews, blacks.

67. What have you heard of his ties to Hindutva Fascist Organizations. Nerendra Modi.

68. Tell me the story of Susan the Artist and her tree painting under the moonlight sky and how Maharishi utilized it for herself improvement. You said, "he was making new, improved versions of me." described his relationship with disciples,

- **a. "he equated himself to a carpenter, and his disciples to pieces of wood. He was whittling me into the real me."**
- **b. When you are a painter and you paint a picture, it's your picture.**

69. Tell me about your invocation?

Could you tell me about your experiences with ingroups and outgroups and the hierarchies of the ingroups?

70. How it might be on the outside versus the inside?

- **a. What do you consider a person on the outside?**
- **b. First comes the king of the universe, then comes kings who are kings of there own individual countries, they are almost all white and always male. There is the International Staff, Executive Governors, Governors, and Citizens and different phases to each?**

71. What are the stuff not made known or shown to students?

- **a. Just a list. Meaning of the mantra, puja, TM Siddhi, the fact that TM is hindu in nature?**

72. What's the racial makeup at Transcendental Meditation ingroup when you where there?

Controls

73. Have you had anyone screen anyones mail?

74. Have you or anyone have to take oaths of serivitudes?

75. Where you instructed not to watch the news?

76. **How about an edited version of news?**

77. **Where you instructed not to keep in contact with family?**

78. **Has anyone you known stop talking to there family because of TM?**
79. **Where you been instructed not to speak?**
80. **Did you have tightly controlled schedules?**
81. **Did you still take the angel train at night?**
82. **During your time at TM was negativity**
83. **Have you felt like you where affraid to speak up for being negative.**
84. **Where you subject to the same information repeatitly?**
85. **Where seminars, lecturars group encounters filled with pressure where it was hard to leave.**
86. **At the MIU Library do they have an open selection of books? What's the common religious affiliation at MIU?**
87. **What's the common political position at Transcendental Meditation and MIU?**
88. **Do the people who subscribe to the Maharishi Effect for world peace find themselves in dismissal of protesting, voting, or other non-heterodox methods of creating change?**
89. **What do you think people who are hardline TMers think of the ties to Hindu fascist organizations?**
90. **Can you tell me of an experience where the ends jusified the means.**
91. **Maharishi talked of a elephant having two types of teeth.**
92. **Have you experienced bigotry at MIU? How was it dealt with?**
93. **In terms of heterodox ideologies 9/11 truther, UFOs, conspiracy how do they allign in TM spaces?m**
94. **Transcendental Meditation in the 1975 The TM Book, says that TM will transform your life from "poverty, emptiness, and suffering to abundance, fulfillment, and happiness." In your experiences in Fairfield, Iowa is this true? Have you heard any stories of bankruptcies or people sleeping in there cars?**

95. **You believe in a form prosperity gospel/new thought correct? Elaborate on the core ideas of that in breif.**
    a. **How does that correlate with the ideology of transcendental meditation**
96. **Have you heard people use herbal supplements to treat or cure diesease. Which ones: Treat/cure example?**
97. **How would you explain the experience of the meditation: transcendental meditation**
98. **Could you describe to me the head space?**
    Do you feel like you are more likely to accept information without processing after meditating? Do you find yourself in a fog?
99. **Have you seen how people test TM's effectiveness. Can you tell me about how they conduct experiments for the effectiveness of TM**
100. **Behind the Science of Creative Intelligence there is a beautiful religion. Could you describe what you find beautiful in the Vedic texts?**
101. **Could you tell me a couple stories surrounding positives? And this could be spiritually, or medicinally, etc.**
102. **Is it common in Hinduism to solely meditate and therefor gain liberation that way?**
103. **Do you believe that this meditation could be taught online via video and people could get the same results? Even in text format could I get the instructions?**
104. **How much do you believe transcendental meditation is worth monetarily? Any estimates?**
105. **Can you speak of the use of language in Transcendental Meditation.**
    a. **"In a gentle, soothing tone, more like song than speech, his Maharishi's voice flowed gently, sweetly, flute-like and ever enthusiastic. The end of many sentences was punctuated by a**

lyrical “hmm?” sound My body became relaxed, humming with electric energy.”

b. **Can you give a example of loaded language in the group.**
   Source of Thought, Pure Knowledge, Unified Field, Supreme Intelligence, Intelligence, inner intelligence, Stress, Bliss, Laws of Nature, Vedic, Higher consciousness Transcendent, Will of god, Constitution of the Universe, Light of God fufillment, Peace Breeding Group, Enlivening a field, Within Themselves, Lies within, Inner Treasury, Center of Being, “Know Thyself”, unbounded, Self referal, Pure Knowledge, Unified Field of Pure Consciousness, Supreme Intelligence, Positivity, Constitution of the Universe, "...as darkness disappears with the onset of light", "Speak the sweet truth", Enlivening a field, Physiology, auspicious, Creative Energy, peace, and happiness, harmony, negativity, permanent Peace, Heaven on Earth, Drop the body, Program, invincible Pure Consciousness, spontaneously, Super Radience, Super Fluidity, Meisner Effect, ENLIGHTENED/ Enlightenment, Field of relativity, Consciousness expanding
   Eternal, No-thing, Non-relative Absolute, Oneness, Suffering pure awareness, transcendental Being, the ultimate reality Collective Consciousness, Lifting off, wave, holistic, unity, Self, Consciousness-Based, Unlimited intelligence, Cosmic Consciousness, manifest, Manefiestation, Unmanefiest, inner happiness, Yogic Flyer, Integrated, TM Siddhi, Sidhas, Advanced Courses, Citizen, Governor, Age of Enlightenment, Jai Guru Dev JGD “Clap Emoji” Diversity amid unity, Man is Cosmic in nature. Raja, Lotus feet, Maharishi Effect, technologies, effortless

106. Could you tell me about phase transitioning?

a. When the group phase transitions something good is happening?

b. Who has the knowledge of when the group is phase transitioning?

107. TM uses scientific terminology interchangeably with hindu ideas could give me a example, if any, about the reordering of language used to minipulate people, influence power structures, and limit the range of acceptable thought.

108. Do you say Jai Guru Dev at the beginning of and end of each conversation?

109. So, you do rituals in TM which are called Pujas. Do people think these rituals are religious or scientific?

110. Explain to me the Maharishi Effect.

111. What super-natural effects of the Maharishi Effects have heard of?

112. Has any scientist outside of TM ever verified the Maharishi Effect as truth, or as plausible?

113. Do you think Maharishi believed this?

a. What didn't he believe?

114. Transcendental Meditation is very interested in a holy tradition in line with Shankara. Transcendental Meditation has vast amounts of wealth. In 80s it was 4 billion dollars. I have no idea where they are today.

115. How does the David Lynch foundation work to your knowledge?

116. What does the term perfect health mean?

a. Has anyone got perfect health?

117. Have you seen any reliable evidence for any supernatural claims?

118. Have you ever seen someone treat their disease with sound vibration?

119. How did it work?Self-professed cult expert Rick Ross calls a cult, a group with charismatic leaders using coercion to engender

dependency, through a process of undue influence, that is made to exploit their followers." The dictionary definition of undue influence is: "in which a person is induced to act otherwise than by their own free will or without adequate attention to the consequences." By this definition does Transcendental Meditation fall under a destructive cult? Whats the best example of this?

120. **Have you heard anyone using herbal supplements to treat or cure diseases?**
121. **Whats the Kali yuga?**
    a. **Sat yuga?**
    b. **How does this pertain to TM teachings?**
122. **Was fear used to illicit donations?**
123. **Describe what holy texts you see inside the group.How long have you meditated?**
124. **How long did you do the yogic flying technique?**
125. **Do you see that practices like this, could lead people to be more agreeable?**
126. **Yogic flying?**
127. **Have you found any weird side effects of long-term meditation?**
128. **I've heard allegations of people saying how parents leave children without supervision. So they could go to the domes and meditate. Could you verify this in your own experience? In your experience is meditation seen as protection to that extent?**
129. **John Hagelin talked about the idea that stress ripples out through the electromagnetic field. Could you talk more about that? Is that a big thing that transfer of stress in the cosmic body?**
130. **Maharishi says: "Every thought, speech, and action of a person influences everything in the environment", was that ever used to keep a person in line. Did you ever feel guilty of thought crimes and stuff?**

131. How much have your payed for TM? Estamated. How much have you heard someone pay. How much is TM worth do you think?

132. Do you think you get more from work when your meditate (like being on the ball)? Moreso than a cat nap. 40 minutes is not wasted?

133. Do you believe TM is deceptive and to what end is its deception?

134. From your experience. What type of people are suseptable to be recruited in these types of organizations? What about people in battered women shelters, veterans with PTSD, non-violent drug offenders.
What was the case with you, where you having problems prior to your recruitment.

135. They utilize the phrase stress alot in TM. But I hear weird things about how stress opriates like stress travels through the electromagnetic field like a radio. Is stress, stress in TM?

136. Maharishi:
At MIU is there any preventive measures to have people not see information.

137. I TM recruits a certain subset of people. What are those people?

138. Personality types?
rom what you understand in your research both TM's meditation and the Yogic Flying program what is going on in the brain to make people feel the way they do?

139. In terms of the yogic flying is that pleasurable. Or painful. Or exhausting. I've heard some people need knee replacements.
Could you tell me a little about the indoctrinating process.

140. Tell me about the Maharishi Mahesh Yogi.

Joesph Weber some professor from Nebraska wrote a book on the organization, in it he has concerns surrounding anti-psychology. There has been a pattern of people walking in front of trains he highlights two cases. One of my biggest concerns here is with people who don't seek treatment rather meditate. From what you observed has transcendental meditation cleaned up it's act, has it embraced psychology, so called "western medicine"

141. What can be the dangers of meditation?

142.

Dumb question if maharishi is a vegetarian, why does he sit on a deer skin.

143. Do you know the meaning of the puja when you do Teacher Training

144. What type of controls are used to govern peoples lives at TM?

145. Do people not get pets?

146. Whats peoples think of tony on that giant scale?

147. Did you know roger chalmers and leslie davis who used herbal suppliments to cure aids

148. Can you tell me about Deepak Chopra?

149. Is Tony Nader seen as equal to the maharishi in terms of charisma?

150. Maharishi hated democracy but he had a democratic political party called the natural law party, in your opinion why did the natural law party exist?

151. Why do they associate themselves with thugs such as Narendra Modi.

152. What have you heard of Ray Dalio.

153. Former MIU studdent Kay druhl alleged that people where told not to take there schizophreinia medicationst. Have you encountered any situations where people are told not to take medicine.

154. **Can you tell me of some Meditation casualties? Lunchwing? Dancing, twitches, unable to speak.**

Im going to ask you if any of these adverse sideeffects sounds familar to you or if this is something you have observed. Someone told you about this. These questions are based on research study on the *Varieties of Contemplative Experience* by JR **Lindahl**, WB **Britton**

fective Flattening, motional Detachment, Alexithymia	narrowed or diminished affective range, a lack of affective charge, nd/or an inability to identify/distinguish emotions.
fective Lability	apid shifts in mood, mood swings, a increased range of emotions, or rong, unwarranted reactions to situations.
gitation or Irritability	n agitated or irritable mood, possibly accompanied by restlessness, stractibility or uneasiness.
hange in Doubt, Faith, Trust, or ommitment	hanges (increase or decrease) in doubt, faith, trust or commitment in lation to religious doctrines, practices, goals, community or in relatior oneself in any dimension of life, such as self-confidence.
rying or Laughing	rying and laughing, and associated vocalizations.
epression, Dysphoria, or Grief	ow, depressed, or sad moods, usually coupled with physical and ehavioral manifestations that may or may not affect normal functionin
mpathic or Affiliative Changes	creased or decreased empathic connection to other people or to nvironmental stimuli.
ear, Anxiety, Panic, or Paranoia	eelings of fright or distress--with or without an external referent--and eir corresponding physiological and behavior responses.

ositive Affect	state of positive or elevated mood or energy level, ranging on a ontinuum from low to high arousal.td>
age, Anger, or Aggression	eelings of intense displeasure or a retaliatory response, often caused y some adverse stimulus provoking an uncomfortable emotion.
e-experiencing of Traumatic emories or Affect Without ecollection	ther a recollection of some past traumatic event in the subject's life at may or may not have been repressed, and which is generally ssociated with strong emotions, or the upwelling of strong emotions thout any corresponding memory, content, thought or other entifiable stimulus.
elf-Conscious Emotions	motions relating to one's sense of self and identity, as well as the vareness of reactions of others to oneself, whether real or imagined.
uicidality	ffect-driven ideation concerning wanting to die, not wanting to continu th life, wishing to no longer being alive, thinking about taking one's vn life, or thinking about or making specific plans for taking one's owr e.td>
hange in Executive Functioning	ther an inability to perform cognitive functions of decision making, oncentration, and memory that the person used to be able to perform, an enhanced ability in these domains of executive functioning.
hange in Worldview	shift in ways of thinking about the nature of self or reality, including a hange in understanding or, confusion about the nature of self or reality
larity	eports of clarity or lucidity as a mental state, quality of attention, or uality of consciousness, in which there is a heightened cognition of levant stimuli and a diminished interference from non-relevant stimuli
elusional, Irrational, or Paranormaeliefs	olding with conviction and being influenced by one or more beliefs espite evidence to the contrary. Ascriptions of significance or meaning at are later disregarded or that might seem unusual or concerning to embers of the practitioner's broader culture or particular subculture. tributions of paranormal agency, origin, or explanation for cognitive xperiences.

sintegration of Conceptual eaning Structures from, a chair ay lose it's chairness.	ercepts arise but are processed without their associated conceptual eaning, resulting in an inability to form conceptual representations of e perceptual world.
creased Cognitive Processing	imarily a cognitive change in thought amount or speed of cognitive ocessing, though the increase in processing often coincides with a ecrease in sensory gating that leads to the impression of taking in or ocessing more perceptual information than usual.
ental Stillness	state in which there are few identifiable thoughts, a perceived bsence of thought, or a poor awareness about the thinking process in eneral.
eta-Cognition or Have you ever een exceptionally aware of your wn thoughts?	eta-cognition, or meta-awareness, refers to an explicit knowledge of e content of thoughts or the thinking process. Meta-cognition can als ntail a higher-order cognition of processes in other domains of xperience, such affective, perceptual, somatic or sense of self.
crupulosity	bsessive thinking, specifically about moral or religious issues and ehaviors.
vid Imagery	n experience of intense, vivid and/or clear thoughts or mental images at arise involuntarily, or a report of an increased ability to visualize.
ppetitive or Weight Changes	ecreased or increased appetite, weight loss or gain.
reathing Changes	tered respiration rates that may manifest as a temporary essation, or speeding up or slowing down of breathing.
ardiac Changes	egular heartbeat, heart palpitations, or other significant egularities.
zziness or Syncope	zziness, vertigo (feeling one is spinning or off-balance), ightheadedness (feeling one is about to faint), or syncope (a brief ss of consciousness and muscle strength, commonly called inting, passing out or blacking out).

atigue or Weakness	feeling of exhaustion, fatigue or weakness (general or localized).
astrointestinal Distress or Nausea	astrointestinal problems including (but not limited to) diarrhea, oating, cramping, nausea and vomiting.
eadaches or Head Pressure	che, sharp pain, or pressure in the region of the head or neck.
voluntary Movements	motor movement usually under voluntary control that occurs thout a conscious decision for movement.
ain	ain is an unpleasant physical sensation, either diffuse or acute, nd lasting for variable amounts of time.
arasomnias	ghtmares, vivid dreams, sleep paralysis or the alleviation of these ymptoms.
ressure, Tension or Release of ressure, Tension	odily pressure or tension, or release of bodily pressure or tension at can vary according to location (general or specific), intensity, c ngth of time.
exuality-Related Changes	ypersexuality (very frequent or suddenly increased sexual urges ctivity) or hyposexuality (notably decreased sexual urges or ctivity).
eep Changes	hanges in sleep amount, sleep need, or sleep depth.
omatic Energy / Energy-Like Somatic xperiences	type of sensation moving throughout the body or throughout a ody area described with language of vibration, energy, current, or her related metaphors.
hermal Changes	hanges associated with heat or cold, whether a general change i ense of body temperature or localized to a specific body area.
erealization	urroundings are perceived as strange, unreal, or dreamlike, or perception experienced as mediated by a fog, a lens, or some other filter that results feeling cut off from the world.

ssolution of Objects or henomena	he dissolving or complete disappearance of visual objects or the entire sual field.
stortions in Time or Space	n alteration in the subjective experience of spatial boundaries or relations nd/or temporal causality or sequencing.
allucinations, Visions, or usions	hallucination is an experience of a percept that is not externally stimulate not shared by others, and is not taken to be veridical. When a visual ercept that is not shared by others is taken to be veridical, it is a vision.,Ar usion involves a percept that is distorted, changed, or has features added the raw percept.
erceptual Hypersensitivity	nusual or atypical sensitivity to certain frequencies or volumes of sound yperacusis), to color (hyperchromia), to visual details, to light, to taste, to nell, or to embodiment.
omatosensory Changes	change in proprioceptive information that affects one's perception of lative positions or dimensions of body parts or the body more generally.
sual Lights	xperience of a light or lights in field of vision that are vivid but not the resu external stimuli.
hange in Self-Other or Self-orld Boundaries (Have the oundaries of your self ever een obscured? For example ou are 6 inches to the right of our self.)	xpansion beyond or distortions in the typical sense of where the oundaries between self and other or self and world are delineated.
oss of Sense of Agency	loss of a sense of ownership or sense of control over one's actions.
oss of Sense of Ownership	loss of the usual sense of owning one's thoughts, body sensations, notions, and/or memories.
oss of Sense of Basic Self	loss of the sense of existing, of being a self, or of having a self.

ymptom	escription
nhedonia or Avolition	nhedonia is the inability to experience pleasure in activities eviously found pleasurable. Avolition is the lack of drive or otivation to pursue goals previously valued as meaningful.
hange in Effort or Striving	he degree or intensity of attempts at pursuing something valued-as-ood or as a means to a valued end. Effort may be mental, physical, emotional.
hange in Motivation or Goal	he reasons, drives, and needs behind a practitioner's actions, which fluence or determine their behavior, as well as their expectations oncerning a particular behavior.
creased Sociality	creased extraversion, social contact, friendships or other behaviora anifestations indicating an increased valuing of social engagement.

Organic cow milk is it tasty?

BEHAVIOR CONTROL

Has TM ever regulated your physical reality- not sure

Has TM Dictated where, how, and with whom you live, associate, or isolates from

Has TM told you when, how and with whom you can have sex with

Has TM told you what to wear / hairstyles

Has TM asked you to regulate diet – food and drink, hunger and/or fasting

Has TM Manipulated and deprived you of sleep

Has TM Financially exploitated, manipulated or made you dependent

Has TM Restricted leisure, entertainment, or vacation time

Have you spent major time with TM in indoctrination and rituals and/or self indoctrination including the Internet

Have you had to get permission required for major decisions from TM heads

Has there been Rewards and punishments used to modify behaviors, both positive and negative in TM

Has there been things used to Discourage individualism, or encourage group-think in TM

Has there been things used to Impose rigid rules and regulations in TM

Has there been things used in TM to Punish disobedience by beating, torture, burning, cutting, rape, or tattooing/branding in TM

Has there threats to harm family and friends

Has there been force of an individual to rape or be raped

Has TM encouraged and engaged in corporal punishment

Has TM instilled dependency and obedience

Has there been Kidnapping

Has there been Beatings

Has there been Torture

Has there been Rape

Has there been Separation of Families

Has there been Imprisonment

Has there been Murder

INFORMATION CONTROL

Deception:

a. Has Transcendental Meditation Deliberately withheld information

b. Has Transcendental Meditation Distorted information to make it more acceptable

c. Has Transcendental Meditation Systematically lied to you

Has Transcendental Meditation Minimized or discouraged access to non-cult sources of information, including:

a. Internet, TV, radio, books, articles, newspapers, magazines, media

b. How about Critical information

c. How about Former members

d. Have you experienced a time where you where kept busy so you didn't have time to think and investigate

e. Have you experienced control through cell phone with texting, calls, internet tracking

Does Transcendental Meditation compartmentalize information into Outsider vs. Insider doctrines

a. Does TM try to ensure that information is not freely accessible

b. Does TM try to Control information at different levels and missions within group

c. Does TM try to Allow only leadership to decide who needs to know what and when

Does TM encourage spying on other members

a. Has there been a buddy systems imposed to monitor and control member

b. Are your required to Report deviant thoughts, feelings and actions to

leadership

c. Does TM ensure that individual behavior is monitored by the group

Extensive use of cult-generated information and propaganda, including:

a. Does TM have Newsletters, magazines, journals, audiotapes, videotapes, YouTube, movies and other media

b. Does tm Misquote statements or using them out of context from non-cult sources

Does Tm Unethically use confession

a. Does TM us Information about sins used to disrupt and/or dissolve boundaries

b. Does TM Withholding forgiveness or absolution

c. Does TM Manipulation of memory, possible false memories

THOUGHT CONTROL

Does TM require members to internalize the group's doctrine as truth

a. By Adopting the group's 'map of reality' as reality

b. By Instill black and white thinking

c. By Decided between good vs. evil

d. By Organizing people into us vs. them (insiders vs. outsiders)

Did TM Change your name and identity

Does TM Use of loaded language and clichés which constricts knowledge, stop critical thoughts and reduce complexities into platitudinous buzz words

Does TM Encourage only 'good and proper' thoughts

Does TM use Hypnotic techniques to alter mental states, undermine critical thinking and even to age regress the members

Does TM manipulate memories with new false memories

Does TM teach thought-stopping techniques which shuts down reality testing by stopping negative thoughts and allowing only positive thoughts, including:

a. Denial, rationalization, justification, wishful thinking

b. Chanting

c. Meditating

d. Praying

e. Speaking in tongues

f. Singing or humming

Does TM have a Rejection of rational analysis, critical thinking, constructive criticism

Does TM Forbid critical questions about leader, doctrine, or policy allowed

Does TM label alternative belief systems as illegitimate, evil, or not useful

Does TM Instill new "map of reality"

EMOTIONAL CONTROL

Does TM Manipulate and narrow the range of feelings – some emotions and/or needs are deemed as evil, wrong or selfish

Does TM teach emotion-stopping techniques to block feelings of homesickness, anger, doubt

Does TM make the person feel that problems are always their own fault, never the leader's or the group's fault

Does TM promote feelings of guilt or unworthiness, such as:

a. Identity guilt

b. You are not living up to your potential

c. Your family is deficient

d. Your past is suspect

e. Your affiliations are unwise

f. Your thoughts, feelings, actions are irrelevant or selfish

g. Social guilt

h. Historical guilt

Does TM Instill fear, such as fear of:

a. Thinking independently

b. The outside world

c. Enemies

d. Losing one's salvation

e. Leaving or being shunned by the group

f. Other's disapproval

Does TM have Extremes of emotional highs and lows – love bombing and praise one moment and then declaring you are horrible sinner

Does TM have ritualistic and sometimes public confession of sins

Does TM have Phobia indoctrination: inculcating irrational fears about leaving the group or questioning the leader's authority

a. Have you ever felt that there was no happiness or fulfillment possible outside of TM

b. Terrible consequences if you leave: hell, demon possession, incurable diseases, accidents, suicide, insanity, 10,000 reincarnations, etc.

c. Shunning of those who leave; fear of being rejected by friends and family

d. Never a legitimate reason to leave; those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counselor, or seduced by money, sex, or rock and roll

e. Threats of harm to ex-member and family